

Foods 9/10

name: _____

Block: _____

Veg-e-quest Answer Sheet

Step 1: Definitions: Find out what types of vegetarians there are and what they eat.

- Vegetarian
- Vegan
- Lacto-vegetarian
- Lacto-ovo vegetarian

Step 2: Reasons Find at least 4 common reasons give for “going vegetarian”.

Step 3: Nutrition

- Describe the main symptoms of *iron deficiency anemia*
- 3-5 foods that vegans can eat that contain reasonable amount of *iron*.
- How to boost iron absorption.

b) Is it hard or easy for a vegetarian to meet their *protein* needs? How would they do it?

c) What should a vegan do to make sure they get enough *Vitamin B₁₂*?

d) *Vegetarian Food Guide Pyramid* & *Vegetarian Food Guide Rainbow* – both specify the same amounts of servings of the different food groups.

- What are the food groups and how many servings of each are suggested?

Step 4: Types of foods

